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ARMY REGULATION
No. 600-7

HEADQUARTERS,
DEPARTMENT OF THE ARMY
WASHINGTON, D.C., 25 October 1963

PERSONNEL—GENERAL

WEIGHT CONTROL

1. Purpose. This regulation prescribes policies and procedures governing control of body weight of individuals serving on active duty.

2. Policy. It is the duty of each individual member of the active military service to keep physically fit to perform his or her duties under arduous or demanding conditions. Maintenance of proper body weight is a prerequisite to achieving a satisfactory degree of physical fitness. Where overweight individuals fail to respond to encouragement or guidance, it becomes the duty of commanders to take appropriate corrective action.

3. Corrective action. Programs of weight reduction will be prescribed only by a physician. It is the responsibility of the physician to establish that obesity (as defined in par. 8, app. I, AR 40-501) does exist and to determine its cause. A unit commander may, for diagnostic purposes only, order a member of his command to report to the applicable medical treatment facility when in the commander's opinion a weight reduction program would substantially improve the member's performance of duty. Members who are properly ordered to report to a medical treatment facility but who fail to do so may be made the subject of appropriate corrective or disciplinary action. When the physician determines that the obesity is the result of a medical condition, the disease entity will be identified and disposition made under the provisions of AR 40-1, and chapter 3, AR 40-501. When the physician determines that the obesity is not the result of a medical condition, he will prescribe a weight reduction program to assist the individual in achieving optimum body weight. A member whose obesity has been determined by competent medical authority to be attributable to nonmedical causes, and who refuses to submit to the prescribed weight reduction program is subject to the procedures set forth in paragraph 48, AR 600-20. Disciplinary action simply because a member has failed to lose weight is not authorized.

4. Criteria for enlistment or reenlistment. The following additional eligibility criteria will be applied for reenlistment of male and female personnel in the Regular Army, upon or prior to expiration of present term of service, and for the enlistment in the Regular Army of male personnel from within the service.

a. Male personnel. Male personnel, classified as obese by a physician, may not exceed in weight the current maximum standard for induction, enlistment, or appointment applicable to their attained age and height, as contained in table I, appendix III, AR 40-501.

b. Female personnel. Female personnel, classified as obese by a physician, may not exceed in weight the current maximum standard for initial procurement for their attained age and height, as contained in table II, appendix III, AR 40-501.

5. Criteria for extension and amendment of enlistment or period of active duty. *a.* No extension or amendment of enlistments for the purpose of achieving eligibility for special selection programs requiring specified periods of service remaining will be granted to those individuals whose weight exceeds the standards prescribed in paragraph 4 *a* or *b* and who are classified as obese by a physician.

b. Members of the AUS or of any Reserve Component are not eligible for extension of active duty period, under the provisions of AR 601-227, if their weight is in excess of the standards prescribed in paragraph 4 *a* or *b* and they are classified by a physician as obese.

6. Commissioned officers and warrant officers. Obesity and body weight in excess of that prescribed in standards for appointment appropriate to present age and height (table I or II, app. III, AR 40-501) may result in a substandard performance of duty, may be indicative of a failure to exercise leadership by example and precept, and/or may be indicative of apathy, to include inability or

✓ This regulation supersedes DA Cir 600-7, 10 September 1962, and DA message 936486, 13 September 1963.

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AR 600-7

unwillingness to expend effort. All commissioned and warrant officers whose weight exceeds that prescribed for appointment, who are classified by a physician as obese, and whose usefulness to the service is substantially affected by failure to achieve and maintain desirable weight levels, will be carefully evaluated for elimination under the provisions of AR 635-105.

7. Administration of program. Commanders will disseminate the information contained herein to all personnel, and will administer the weight control program. Commanders will make frequent checks of all personnel in their units to insure early detection of those who are becoming obese, and will commence corrective action. Personnel whose weight exceeds the appropriate standard established in table I or II, appendix III, AR 40-501, and whose obesity has been de-

termined by a physician to be attributable to non-medical causes, will be placed on a medically supervised weight reduction program regardless of the date of expiration of their term of service. These personnel will be informed that failure to maintain an acceptable body weight will be the basis for elimination proceedings. Commanders will initiate followup action to insure that personnel follow the prescribed weight reduction program until they obtain, and then maintain, the proper weight. In addition, enlisted personnel classified as obese by a physician will be required to complete DA Form 2738-R (Fig. 1) which will be reproduced locally on 8- by 5-inch paper. Completed form, witnessed by the immediate commander concerned, will be placed in the field 201 file of the individual concerned.



WEIGHT CONTROL (AR 600-7)		
NAME, GRADE AND SERVICE NUMBER		
I hereby acknowledge that I have this date been informed of and understand the provisions of AR 600-7.		
DATE	SIGNATURE	
I have this date explained the provisions of AR 600-7 to the above named individual.		
DATE	TYPED NAME, GRADE, & SN OF COMMANDER	SIGNATURE

DA FORM 2738-R, 1 NOV 63

Figure 1

By Order of the Secretary of the Army:

Official:

J. C. LAMBERT,
*Major General, United States Army,
The Adjutant General.*

EARLE G. WHEELER,
*General, United States Army,
Chief of Staff.*

Distribution:

Active Army: To be distributed in accordance with DA Form 12-9 requirements for Military Personnel Procedures,
Officer and Enlisted—A.

NG: None.

USAR: None.

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